



JANUARY TIP SAVINGS: Over \$480/YR
Avoided Emissions of CO₂: Over 500 lbs./YR

\$USTAINABILITY \$AVINGS TIP

LOCAL FOOD MOVEMENTS GAIN MOMENTUM

Reduce your food miles with gardening, CSA's and Community Gardens

Are you looking for a New Year's resolution with some impact? How about reducing your food miles? The number of miles our food travels from the grower to our plate are called "food miles." More food miles = more fuel used = more CO₂ emissions. So, just think... by growing your own food or supporting your local grower, you'll be eating healthier and possibly find you are losing weight or feeling better. You will likely save money on groceries or from eating out, and all while reducing greenhouse gas emissions for the planet – talk about multiple benefits with one simple resolution!

***Make a New Year's resolution
to grow your own food or
support a local farmer.***

If you can't, or prefer not to install your own garden, or if you want to supplement your harvest, visit one of the many local farmer's markets. Or, you can buy a share of a local farmer's harvest. This relatively new concept is called Community Supported Agriculture or CSA. There's also a lot of new interest in Community Gardens. A Community Garden occurs when you take a piece of land and share it with friends, neighbors and community groups for growing vegetables, fruits and flowers. And, you're in luck; one is just opening up here in Mesa! Learn more below.

CHECKLIST FOR SAVINGS

- ☐ **Jan. 26 from 3 until Moonrise at 6 p.m.** Learn more about **Mesa Urban Garden** at their Grand Opening Celebration. With free admission you'll find, live music, food and drinks, information booths, door prizes and amazing raffle items. Garden beds are available to rent just in time for spring gardening! Visit www.MesaUrbanGarden.com or call (480) 644-4400.
- ☐ **Find books** on gardening, square foot gardening, herbs and edible landscaping at City of Mesa libraries, <http://www.mesalibrary.org/research/links/living-green.aspx>.
- ☐ The City of Mesa Solid Waste Management Department offers:
 - **Backyard Composting Program** – compost containers are available to Mesa residents for a \$5.00 refundable deposit, visit www.mesarecycles.org or call (480) 644-2221.
 - **Steps to Successful Composting** gives you simple tips to recycle your kitchen waste into a beneficial garden amendment, visit www.mesaaz.gov/waste/successful_composting.aspx.

RESOURCES FOR MORE INFORMATION

-Vegetable Gardening: The University of Arizona Maricopa County Extension has guides on vegetable gardening, soil prep and gardening seasons – (602) 827-8200 or visit www.cals.arizona.edu/maricopa/garden/pubs.htm#Vegetable.

-Farmer's Markets: The Arizona Community Farmers Markets Association provides a listing of all active markets – (623) 848-1234 or visit www.arizonafarmersmarkets.com.

-Community Supported Agriculture (CSA) Membership: Visit www.localharvest.org to find a local CSA.

-Community Gardens: Visit our sustainability site to learn about Community Gardens located in Mesa.

\$START \$AVING

Start saving money and reduce your food miles, while doing your part for *building a sustainable community*. Visit mesaaz.gov/sustainability for more sustainability savings tips.

Learn to live Green